



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**REGISTER
NOW!**

REVOLUTION

Revolution is a 30 min cycling program tailor made for anyone who can ride a bike. Ride over hills, sprint in the flats, and do interval training. Come try this quick, convenient, fast paced small group class.

Classes available morning, afternoon & evening.



AM CLASSES:

TUESDAY/THURSDAY

6:30AM-7:00AM

8:00AM-8:30AM

NOON CLASS:

MONDAY/WEDNESDAY

12:00PM-12:30PM

EVENING CLASSES:

TUESDAY/THURSDAY

5:30PM-6:00PM

6:15PM-6:45PM

**REGISTER for March and April
together and SAVE \$20!**

March and April bundle: \$100

***Must register by March 1**

Single month: \$60

FREE Demo \$8 Drop in fee

For more information on Registration contact Wellness Coordinator Jen: jrosnau@superiorymca.org,
715-392-5611

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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